



Vegetable of the Week:
Broccoli

Healthy Recipe Idea: Very Veggie Snack Pizza

Ingredients:

- 1 English muffin, split
- 1 1/2 tablespoons low-fat garlic/herb cream cheese
- 1/4 cup broccoli florets
- 1/8 cup carrots, diced or shredded
- 1/4 cup tomatoes, diced



Directions:

Toast the English muffin. Spread with cream cheese. Add the chopped veggies.

How do I choose and prepare my broccoli ?

Choose dark green broccoli with heads 3-6 inches across. Pick heads that are compact and tightly packed. Do not pick broccoli with open or spread out heads, mold or mushy spots, yellow spots, or soft, limp stems. Store in an airtight bag in the refrigerator for up to seven days. Rinse well in cold water before using.

To make florets, cut the end off the stem with a sharp knife and discard. Use a small sharp knife to cut off the large stem and set aside. Trim off sections of the head to make small, bite-size "trees".

The trimmed stems can be used later. Try trimming into bite-size pieces and tossing into a green salad. Or try steaming to serve as a vegetable with dinner. To steam, cut into bite-size pieces, place into a microwave safe dish with a little water, partially cover, and microwave on high until tender when poked with a fork. Try topping with low fat cheese sauce or low fat ranch dressing for a little variety.